

Community NewsMagazine



Photo by The Carillon



**2019 Spring/
Summer
Program Guide
Inside**

www.dakotacc.com

SPRING 2019



**Dakota Kids Summer Camps
See inside for details!**



Own your Dreams

RRSP & TFSA 5-year Fixed Term

3.35%*

*Subject to change without notice.

credit union
Casera



Your Life, Your Community, Your Lifestyle!

Independent,
Assisted Living

Create Your Memories
with us at Seine River!



1015 St. Anne's Rd
Winnipeg, MB

We offer:

- Well-designed Spacious Suites
- A Spectacular Inner Courtyard
- Full Service Dining
- Daily Activities
- Nurse on Staff
- Staff 24/7 including Night Time HCA
- Transportation to Medical Appointments
- And so much more!



ALL SENIORS CARE™
LIVING CENTRES

www.allseniorscare.com

Where Caring is Our Number One Concern™

PROUDLY CANADIAN



Afternoon Walk with Gail



Time for Friends!

Call **Debbie** to arrange a tour
204.230.4714 or drop by for a visit!



Dakota Community Centre Inc.
1188 Dakota Street, Winnipeg, MB R2N 3H4
Tel: (204) 254-1010 Web: www.dakotacc.com
For more information visit www.dakotacc.com
This publication has been produced by Jae Media. Project Manager: Lori Kemp



Questions?

- General Information & Memberships**
Phone: (204) 254-1010
info@dakotacc.com
- Facility Rentals**
Rae Vincent
Phone (204) 254-1010 ext. 210
rvincent@dakotacc.com
- Dakota Performance Programs**
Randy Anderson
(204) 254-1010 ext. 212
randy@dakotacc.com
- Adult Hockey League/Ice Rentals**
Anthony Knapp
Phone: (204) 254-1010 ext. 201
anthony@dakotacc.com
- Hockey Development (Camps)**
J.P. Vigier
jpvigier@dakotacc.com
- Fitness & Yoga/Fieldhouse Track**
Jared Neufeld
Phone: (204) 254-1010 ext. 215
jared@dakotacc.com
- Nursery School**
Loraine Purdey
Phone: (204) 256-4748
dakotannurseryschool@dakotacc.com
- Older Adults/Seniors Programs, Volunteers & Seniors Resource Finder**
Megan Moore
Phone: (204) 254-1010 ext. 217
meganm@dakotacc.com
seniorresources@dakotacc.com
- Youth Sport Convenors**
- Youth Basketball**
Brent Amos
Phone: (204) 256-9933
basketball@dakotacc.com
- Youth Baseball**
Christine Kieloch
Phone: (204) 612-0219
baseball@dakotacc.com
- Youth Soccer**
Pram Tappia
Phone: (204) 254-2868
soccer@dakotacc.com
- Youth Softball**
Moe Berard
Phone: (204) 223-1984
softball@dakotacc.com
- Mini-Soccer**
Jared Neufeld
Phone: (204) 254-1010 ext. 215
jared@dakotacc.com

Our Board of Directors is comprised of dedicated members of the community who believe that in building possibilities, we can continue to transform lives. This group of people have volunteered countless hours to bring Dakota up to the point that it is and have committed to continue their involvement.

Board of Directors

- Mark Antunes**
Chair
- Chantal Sturk-Nadeau**
Vice-Chair
- Darren Neufeld**
Secretary/Treasurer
- Christopher Chapman**
Member Accountable for Sports Programs
- Elliot Cameron**
- Victoria Cornick**
- Elaine Hunnie**
- Christian Kennedy**
- Tim Smith**
- Teresa Toutant**

FOR 2019 YOUTH SPORT REGISTRATION INFORMATION PLEASE FLIP TO PAGE 3 OF THE PROGRAM GUIDE SECTION OF THIS NEWSLETTER.

Dakota CC Hours of Operation

- DCC Reception Desk** (located in Dakota Fieldhouse) Monday – Sunday (Daily) 6am – 10 pm
- Fieldhouse Track** */**
Daily - 6am – 10 pm
- Weight room** * (Sportsplex Basement)
Daily 6 am – 10 pm
- Robins***
One or both locations open daily 8 am – 8 p.m.
- Lazers Edge Skate Shop***
M – F, 5 pm – 11 pm, S/Su, 9 am – 11pm
- Jumpstart Community Rink** (seasonal – weather permitting) Daily - 8 am – 10 pm
- Administration/Facility Rentals /Seniors Office** (2nd Floor Jonathan Toews Sportsplex)
Monday – Friday 8:30 am – 4:30 pm (Closed Statutory Holidays)
- *hours of operation are reduced during summer months - please check dakotacc.com
- **occasional closures may occur for special events



YOUR SPORTS DESTINATION FOR EQUIPMENT & TEAM APPAREL

SOCCER is now on location. Check out our expanded soccer section!



KAHUNAVVERSE
SPORTS GROUP



SOCCER



20 De La Seigneurie Blvd, off Bishop Grandin.
Shop online 24/7 at Kahunaverse.com



CERTIFIED SPECIALISTS IN ORTHODONTICS



Southdale Orthodontics

**OPENING IN
SUMMER 2019**



CALL US AT OUR
REGENT AVE
LOCATION TO
SCHEDULE YOUR
APPOINTMENT NOW

204-940-7888

kildonanorthodontics@str8teeth.ca



River Park Automotive Wishes each Dakota CC Team a Fun and Successful Season!

204-254-4242
2175 St Mary's Road
Riverparkautomotive.ca



Janice Morley-Lecomte

MLA for Seine River

204-945-8407

Janice.Morley-Lecomte@leg.gov.mb.ca



Ashton Augert REALTOR®

204.781.1767

a.augert@gmail.com



Message from the Board Chair & CEO

As another busy winter season comes to an end, it's wonderful to have this opportunity to reflect on the season past and look forward to what spring will bring to our community.

The opening of the *Jumpstart Community Rink* this past December, was certainly the highlight of the winter season at Dakota CC! As Manitoba's first accessible outdoor rink facility, we received much press coverage and accolades locally and across the country in celebration of our new outdoor rink. Our sincere thanks to Jumpstart Charities and all our funders and donors for bringing this much loved past-time back to Dakota CC! With the spring melt, preparations will be underway to utilize this facility for beach volleyball (4 courts) this spring/summer!

We were also excited to welcome *Robin's* to DCC as our new food services provider in both the Sportsplex and the Fieldhouse! Since their fall arrival, Robin's has been a well-received addition to the DCC family, offering both a regular Robin's menu, as well as a healthy/fresh choices and standard canteen options. Until later this spring, one of the two Robins locations at DCC

will be open from 8 a.m. – 8 p.m. daily and we thank all of you who have supported this new addition to our club.

“Our sincere thanks to Jumpstart Charities and all our funders and donors for bringing this much loved past-time back to Dakota CC!”

Last fall, we also welcomed a new strength training partner to Dakota CC! Strive/United Therapies and Dakota CC have come together to offer *Dakota Performance Programs – powered by Strive*. Early Start & FUNdamental movement skills for young children, as well as team training began in the fall and new classes will begin this spring. This January, we also kicked off our **Adult strength and conditioning program – ‘Ultimate You!’** with several members of our community committing to improve their health and fitness. Improvements to the Centre's Weight room, including the installation of quality synthetic turf surface, were put in place in late December to enhance the space for training purposes. You can join Ultimate You anytime and we hope to see you 'in the gym' soon!

We are very pleased to report that following an issue with the *minor hockey* schedules earlier in the year, Dakota CC & St. Vital Minor Hockey have worked together to bring a good number of games back to the Jonathan Toews Sportsplex for the 2nd half of the season! Our thanks to SVMHA for their prompt attention to this oversight and we look forward to working with them in the new year to continue to improve ice allocation for the benefit of hockey families living in the Dakota CC catchment.

The Board of Directors welcomed Christian Kennedy as a new member for 2018/19 and thanked Tom Thiessen as he stepped down after serving for more than 6 years. We're extremely pleased that Tom has agreed to serve as the Chair of the *Dakota Futures Capital Campaign* Cabinet, as we work towards fulfilling our fundraising goal to support our recent and future expansion projects at DCC. We hope you will consider a gift to support our Campaign this year as we continue to build a bright future of our community! For more information on the Dakota Futures Capital Campaign, please see the section in this newsletter, visit our website or contact Kevin Hunter at kevin@dakotacc.com or 204-254-1010 ext 211 to make your donation!

With the continued growth of our programs and lots of new and ongoing activities at our Centre, we have developed a new *Dakota CC Program Guide* to provide a one-stop listing of all of the activities and programs available at our Centre this spring. The program guide is included in this newsletter and I hope you find it helpful!

Wishing you all good health and a fabulous spring,

Mark Antunes, Board Chair
Michele A. Augert, CEO



2019 Spring/Summer Program Guide

KIDS FITNESS PROGRAMS

Active Start

Active play is key at this stage as it builds important connections within the brain, and refines motor skills. Activities help children feel competent and comfortable participating in a variety of fun and challenging activities as well as non-competitive games.

Ages 4-6:
Tuesdays 4:30pm-5:30pm
March 5 to April 23 (8 Weeks)
Cost: \$80.00

Ages 1-3:
Saturdays 10:00am-11:00am
May 4 - June 22 (8 Weeks)
Cost: \$80.00



FUNDamentals (Age 7-9)

The next step in athlete development! Kids develop fundamental movement skills in structured and unstructured environments for play. The focus is on providing fun, inclusive multi-sport opportunities! These experiences will result in kids developing a wide range of movement skill along with the confidence and desire to participate!

Thursdays 4:30pm-5:30pm
March 7 - April 25 (8 Weeks)
Cost: \$80.00

Register online at
www.dakotacc.com or call 204-254-1010

ATHLETE DEVELOPMENT

The best athletes are built from the inside out, focusing on developing a strong athletic base before entering into a sport specific focus. Taking this approach, athletes become strong and resilient. Athlete Development is perfect for those who are in season, have a variable schedule, multi-sport athletes or pre & post-sport academy training.

Cost: 4 sessions \$95+GST or 8 sessions for \$160+GST
Sessions: Mondays & Wednesdays at 4:30pm

TEAM TRAINING

Team Training focuses heavily on building a wide movement foundation to improve all aspects of athletic abilities. By implementing a coach-lead dynamic warm up, balance and coordination skills are integrated into the start of every session. After this warm up, athletes transition to speed and agility-based drills. The objective is to include the entire team in fun, competitive and challenging drills.

Cost: \$165+GST per hour
Monday to Friday
6PM - 7PM 7:15PM - 8:15PM



OFF SEASON HOCKEY STRENGTH & CONDITIONING

Speed is the ultimate divider between good and great. Every element required for speed is addressed and developed in this program. Movement, strength, conditioning and power all play an integral role in an athlete's success. STRIVE's coaches and environment will provide you with the proper guidance to reach the next level. Alumni include Eric Fehr (NHL), Justin Falk (NHL), Riley Stotts (Maple Leafs draft pick)

Cost: \$299+GST per month (3 sessions per week)
Ages 12+
May & June: Evening training available
July & August: Day time training available



19-2077 Pembina Hwy - 204-275-3406
Instagram @pembinasfs
Facebook Pembina Source for Sports

Bring your existing gear in to get it professionally fitted, or trade it in *

* by store discretion

Wishing Winnipeg and the surrounding area a great 2019 season

Pembina Source for Sports would like to welcome the community to try our 1/2 back skate program *

* Restrictions apply, see in store for details

Try your first Cag One profile on us, and get ahead of the game.

Expiry Dec 31/2019



Big enough to compete,
Small enough to care

Serving South Winnipeg for 50 years
For all your insurance needs, home, auto, travel, business, life and more!
Call us for a review and advice on your insurance requirements



8-1504 St. Mary's Road • 1465 Corydon Ave
Email: contact@turnbullwhitaker.com

Website: www.turnbullwhitaker.com • Ph: 204-255-8194
Monday to Friday 8:00 am to 6:30 pm Saturday 10:00 am to 3:00 pm
Visit our new website at turnbullwhitaker.com for all your insurance questions



DID YOU KNOW THAT GW TRANSMISSION DOES COMPLETE VEHICLE SERVICING AND REPAIRS? BRING YOUR VEHICLE IN TODAY!

191 MELNICK ROAD
204-269-8327
WWW.GWTRANSMISSION.CA

FULL SERVICE AUTO REPAIR SHOP

DAKOTA KIDS SUMMER CAMPS

Hockey Essentials Camp

This camp is designed for all levels of players who want to continue to develop their hockey skills in the off-season and be active in the summer! Our coaches aim to improve overall skills by teaching proper technique in power skating, puck control, passing and receiving. The skills introduced allow players to improve their game & provide them with the confidence to excel!

| Date | Ages | Price |
|---------------|-------|-------|
| July 15-19 | 7-9 | \$299 |
| July 15-19 | 10-12 | \$299 |
| July 22-26 | 7-9 | \$299 |
| July 22-26 | 10-12 | \$299 |
| July 29-Aug 2 | 7-9 | \$299 |
| July 29-Aug 2 | 10-12 | \$299 |
| Aug 6-9 | 7-9 | \$249 |
| Aug 6-9 | 10-12 | \$249 |
| Aug 12-16 | 7-9 | \$299 |
| Aug 12-16 | 10-12 | \$299 |



Hockey Development Camp

Get ready for the season in our Hockey Development Camp! This more advanced camp goes over all the skills of skating, passing, receiving & puck control with a focus on individual development. All drills are designed to challenge players & practice in game situations. **The camp includes Dakota Performance Program Dryland Training in partnership with Strive.**

| Date | Ages | Price |
|-----------|-------|-------|
| Aug 19-23 | 7-9 | \$449 |
| Aug 19-23 | 10-12 | \$449 |
| Aug 26-30 | 7-9 | \$449 |
| Aug 26-30 | 10-12 | \$449 |

General Camp Info

Registration starts in February 2019!

Available at www.dakotacc.com or call 204-254-1010 ext. 215. For more information email info@dakotacc.com

Camp Times

All camps are 9am-4pm! Drop Off is 8am-9am and Pick Up is 4pm-5pm in the Jonathan Toews Sportsplex Gym. Camp info packages will be sent out one week prior to start date and will include what to bring, camp schedules and more! Full equipment is required for all hockey camps.



Basketball Camp

This camp will emphasize foundational basketball skills through a progressive & active game approach. Work on shooting technique, ball-handling, dribbling, rebounding and game play. Each day will also include the multi-sport benefits of additional sports & activities.

| Date | Ages | Price |
|------------|------|-------|
| July 15-19 | 8-12 | \$209 |
| Aug 6-9 | 8-12 | \$169 |
| Aug 12-16 | 8-12 | \$209 |

Volleyball Camp

Learn the game & develop your skills through repetition and instruction from our coaches! Get ready for the season with game play and drills that help you master the basics. PLUS try out beach volleyball on the new outdoor courts! Each day will also include the multi-sport benefits of additional sports & activities.

| Date | Ages | Price |
|------------|-------|-------|
| July 22-26 | 12-14 | \$209 |
| Aug 26-30 | 12-14 | \$209 |

Active Explorer Camp

Become a master of all sports in this camp! Keep active with a variety of games each day on the court, the field or exploring the outdoors. Receive an introduction to the rules and skills needed for a variety of sports. Who says you can only be good at one?!

| Date | Ages | Price |
|---------------|------|-------|
| July 29-Aug 2 | 6-10 | \$209 |
| Aug 19-23 | 6-10 | \$209 |

4X4 SUMMER HOCKEY

Ages 9-17

Team Registration \$2,500

(12 players + goalie)

Individual Registration \$225

12 game season

Monday-Thursday evenings in July and August

Registration starts March 29th

To register visit www.dakotacc.com or email anthony@dakotacc.com

BASKETBALL

Registration for basketball will be through Winnipeg Minor Basketball Association at www.wmba.ca. Check WMBAs website for registration dates.

Basketball Convenor: Brent Amos

Email: basketball@dakotacc.com



CANSKATE

CanSkate is a learn to skate program developed by Skate Canada and is a nationally recognized program for all ages and stages that is taught by certified coaches. For more details and registration please visit www.skatewinnipeg.ca

MINI SOCCER

Ages 4-8! Mini soccer is a great introduction to organized youth sport. Register your child online at www.dakotacc.com between March 1 & 31 to ensure they're ready when the season begins!

For questions or more information contact Program Coordinator Jared Neufeld at jared@dakotacc.com

BASEBALL, SOFTBALL & SOCCER

Register online at www.dakotacc.com March 1, March 15.

Baseball Convenor: Christine Keloch | email: baseball@dakotacc.com

Softball Convenor: Moe Berard | email: softball@dakotacc.com

Soccer Convenor: Pram Tappia | email: soccer@daoktacc.com

DAKOTA NURSERY SCHOOL

Now accepting registrations for classes starting September 2019!

3 Days/Week

Monday, Wednesday & Friday Mornings (9:00 a.m. - 11:30 a.m.)

2 Days/Week

Tuesday & Thursday Mornings (9:00 am - 11:30 am) OR

Monday & Wednesday Afternoons (12:30 pm - 3:00 pm)

To register your child please go to dakotacc.com.

For more details contact Loraine Purdey at 204-256-4748 or email dakotanurseryschool@dakotacc.com

ULTIMATE YOU! ADULT TRAINING

Dakota Community Centre has partnered with United Therapies STRIVE to bring you the ultimate fitness experience and coaching. Individual adult training is unique, effective and fun while remaining safe for everyone at the same time. Each session focuses on the individual and is run in a group setting by our coaches.

Cost: \$99+GST (33% savings!) for 30-day trial!

Unlimited sessions.

Session Times:

Monday-Wednesday-Friday

6AM - 7AM 8AM - 9AM

7AM - 8AM 9AM - 10AM



For more information contact us at 204-254-1010 ext. 215 | jared@dakotacc.com

BEACH VOLLEYBALL

2019 will be the inaugural year of the Dakota Beach Volleyball League. The brand new Jumpstart Community Rink transforms into four regulation courts over the summer months! The league runs June 11th to August 22nd, 2019.

Cost:

Coed 4's:

Wednesday Rec League \$400+GST/Team

Tuesday Intermediate League \$400+GST/Team

Coed 6's:

Thursday Intermediate League \$550+GST/Team

Registration Dates: March 4th - March 29th, 2019

Visit www.dakotacc.com to register or email jared@dakotacc.com for more information.

DAKOTA ADULT HOCKEY LEAGUE

Spring Hockey League - Register Now!

12 game regular season
Minimum 1 playoff game (13 total)
All-inclusive fees (ie. Game officials, playoffs)
Multiple divisions to choose from depending on skill level (league manager regularly re-aligns divisions to keep the league balanced)
Season start date (Approx.) April 25th
Playoffs over by the end of June
Cost: \$2,700 per team (GST included)

Summer Hockey League

16 game regular season
Minimum 1 playoff game (17 total)
All-inclusive fees (ie. Game officials, playoffs)
Games are Sunday evenings – Thursdays in July and August (no weekend games)
Multiple divisions to choose from depending on skill level (league manager regularly re-aligns divisions to keep the league balanced)
Season start date (Approx.) July 2nd
Playoffs over by 2nd week of September
Cost: \$3,150 per team (GST included)

Contact Anthony Knapp at 204-254-1010 ext. 201

or email anthony@dakotacc.com

Download the registration form from www.dakotacc.com

DAILY PICKLEBALL

Pickleball runs Monday to Friday 8:00am-12:00pm in the Dakota Fieldhouse! All levels of play are welcome. Racquets are available at the front reception desk of the Dakota Fieldhouse.

Membership (includes unlimited play)

3 Months: \$89.00

1 Month: \$35.00

Daily Drop-In: \$5.00

Questions? Contact us at

204-254-1010 ext. 215

LEARN TO PLAY PICKLEBALL!

Learn how to play pickleball from experienced instructors! Choose your session and learn rules of the game, proper techniques and skill development. We have sessions for those who are new to pickleball and sessions for intermediate players to develop skills.

Beginner

Tuesdays 1:00pm-2:30pm

April 23 - May 14

Cost: \$80.00

Intermediate

Thursdays 1:00pm-2:30pm

April 25 - May 16

Cost: \$80.00

Tuesdays 1:00pm-2:30pm

May 28 - June 18

Cost: \$80.00

Thursdays 1:00pm-2:30pm

May 30 - June 20

Cost: \$80.00

55+ PROGRAM ACTIVITIES

55+ Annual Membership: \$15
(required for 55+ fitness & activity registration)

Daily Schedule January - June 2019

Mondays

Cribbage 12:30pm-3:30pm

Tuesdays

Floor Curling 9:30am & 11:30am

Line Dancing 10:00am-11:30am

Wednesdays

Whist 12:30pm-3:30pm

Thursdays

Floor Shuffle 9:30am & 11:30am

Drop In Rates

Cribbage: \$3

Whist: \$3

Floor Curling: \$4

Floor Shuffle: \$4

Line Dancing: \$4

Chair Yoga: \$8

Growing Stronger: \$8

Activity Cards

Just \$30 for 10 sessions of Floor Curling, Floor Shuffle & Line Dancing!



IPAD & IPHONE LEARNING

8 week course: \$70

Learn how to use your device! This course covers everything from initial set-up to using apps & more. Have your questions answered by our experienced instructor.

Wednesdays, March 13 - May 1 10am-12pm

GROWING STRONGER

12 week course: \$75

Beginner and Intermediate classes available! Register today and start improving your strength and balance!

Tuesdays, April 2 to June 18 1pm-2pm

Thursdays, April 4 to June 20 1pm-2pm

Tuesdays, July 2 to August 22 (mixed level) 1pm-2pm

CHAIR YOGA

Once a week: \$75 or twice a week: \$125

One of our most popular programs! Register for Chair Yoga to reserve your spot for all 12 weeks!

Tuesdays, April 2 to June 18 11:30am-12:30pm

Thursdays, April 4 to June 20 11:30am-12:30pm

Tuesdays, July 2 to August 20 11:30am-12:30pm

*Pickleball & 55+ program rates include GST

FITNESS & YOGA

Our fitness & yoga classes will help keep you active, provide a social connection and add consistency to your fitness regime! For session dates please visit www.dakotacc.com

DAILY SCHEDULE

Monday

9:00am - Yoga Flow

10:15am - Total Body Strength

10:15am - Yoga Flow

11:30am - Beginner Yoga

Tuesday

8:45am - Hi-Lo Strength

10am - Restorative Yoga

6:30pm - Zumba

Wednesday

9am - Mixed Level Yoga

10:15am - Restorative Yoga

10:15am - Zumba

11:30am - Restorative Yoga

Thursday

9am - Zumba Toning

11:30am - Beginner Yoga

Friday

9am - Dance Fitness

9am - Yoga Flow

10:15am - Total Body Strength

NEW TAI CHI

An art embracing the mind, body and spirit. Originating in ancient China, tai chi is one of the most effective exercises for health of mind and body.

Wednesdays 1:00pm-2:30pm

February 20th - May 8th

Cost: \$100+GST for 12 weeks or \$10+GST per session

Register online at

www.dakotacc.com or call 204-254-1010 for more info.



RATES

16 - 59 years of age

Drop In: \$11.00

5 Class Pass: \$50.00

10 Class Pass: \$90.00

20 Class Pass: \$160.00

30 Class Pass: \$210.00

Unlimited Class Pass: \$240.00

(includes track membership for session duration)

60+ years of age

(proof of age required)

Drop In: \$9.00

5 Class Pass: \$40.00

10 Class Pass: \$75.00

20 Class Pass: \$130.00

30 Class Pass: \$165.00

Unlimited Class Pass: \$200.00

(includes track membership for session duration)

*All fitness & membership rates are GST inclusive

TRACK & WEIGHT ROOM

Track Memberships

Child (Ages 4 -11)

Under 16 must be supervised by an adult member.

1 - month \$22.00

3 - month \$49.00

6 - month \$69.00

12 - month \$89.00

*Ages 3 & under free

Adult (Ages 19 - 59)

1 - month \$35.00

3 - month \$82.00

6 - month \$129.00

12 - month \$189.00

Senior (Ages 60+) & Youth (Ages 12-18)

1 - month \$28.00

3 - month \$69.00

6 - month \$99.00

12 - month \$159.00

Track Drop-In: \$5

Weight Room Drop-In: \$8

There is a one-time initial \$10 fee for your key fob

Weight Room Membership

Adult (Ages 19 - 59)

1 - month \$40.00

3 - month \$100.00

6 - month \$160.00

12 - month \$250.00

Senior (Ages 60+) & Youth (Ages 12-18)

1 - month \$40.00

3 - month \$100.00

6 - month \$160.00

12 - month \$250.00

Track & Weight Room combined rate available upon request.

To join fitness classes, yoga classes, track or weight room memberships register online at www.dakotacc.com or come see us in the Dakota Fieldhouse!

Contact us for more info!

info@dakotacc.com

204-254-1010

GIVE YOUR CHILD A *Great* START...



- Unique Music Program Strings & Early Start Band
- K-8 High Academic Standards
- Early Start French in Kindergarten
- Full-Day Kindergarten (3 or 5 Day Program)
- Before & After School Program (Guaranteed space for all BSLs Students)
- 2 Nursery School Campuses
- 2 Daycare Locations



Beautiful Savior
LUTHERAN SCHOOL
Excellence in Education Under the Gospel

Please call Heather to arrange a tour. www.bsls.ca • admissions@bsls.ca

204-984-9600 EXT 4

LUXURY LIVING REDVIEW | TERRACE



PLAN NOW FOR POSSESSION IN 2020

FINALLY
A LUXURY LOCATION FOR A LUXURY BUILDING
24 SUITES WITH FULL RED RIVER VIEWS

- Steel and Concrete construction
- Extra large windows
- Fitness room
- Underground parking
- 9 ft ceilings
- Larger balconies
- 3 common rooms
- Outdoor gazebo

OPEN HOUSE
SATURDAY AND SUNDAY 1-4PM
1936 ST MARY'S ROAD

Tod Niblock TOD NIBLOCK • TROY NIBLOCK 204-989-7938
REDVIEWCONDOSWINNIPEG.CA
CobbleStone HOMES INC.

A CAISSE FOR tax free investments.

Ask us about a Tax Free Savings Account.

Dakota Branch
875 Dakota St
204-257-2400



Caisse
Financial Group
www.caisse.biz

Rochelle SQUIRES
MLA for Riel



Constituency Office
Unit 5-140 Meadowood Dr.
Winnipeg, MB R2M 5L8
t. 204.615.5241
f. 204.615.5242
rochelle@rochellesquires.ca

Sage Creek PHYSIOTHERAPY
AN inMotion CLINIC



- PHYSIOTHERAPY
- MASSAGE THERAPY
- PERSONAL TRAINING
- ATHLETIC THERAPY
- ACUPUNCTURE
- OCCUPATIONAL THERAPY
- NURSING FOOT CARE
- CUSTOM FOOT ORTHOTICS
- DIETICIAN SERVICES
- VESTIBULAR REHAB

NOW OFFERING SPORTS MEDICINE & CHIROPRACTIC
inmotionnetwork.ca

803-50 Sage Creek Blvd **204.253.6768**

DAKOTA FUTURES CAPITAL CAMPAIGN

Campaign Continues with Opening of Jumpstart Community Rink



Jumpstart Charities and Government representatives joined Dakota Community Centre on December 11, 2018 for the ribbon cutting and grand opening of the new Jumpstart Community Rink - the first fully accessible outdoor rink in Manitoba.

Thank you to Our Generous Donors & Supporters

We would like to offer a special thank you to the following key contributors to the Dakota Futures Capital Campaign as generous leaders within our community.

- \$1 Million+**
Jonathan Toews Foundation
City of Winnipeg
Province of Manitoba
- \$25,000+**
Payworks
Dakota Ringette
Family of Canadian Tire Companies
- \$100,000+**
Canadian Tire Jumpstart Charities
Qualico Communities
Canada150 Fund
- \$10,000+**
Judith & Markus Chambers
Bird Construction
SMS Engineering
- \$50,000+**
Jeff, Diane, Linda & Lana Shypit
Myron & Marion Klysh
MNP
Pinnacle (Dale Driedger & Wade Miller)
Sailun Tire
Valerie MacKenzie
Dakota Youth Hockey
- \$5,000+**
Tom & Lise Thiessen
Michele & Gilles Augert
- \$1,000+**
Paul & Patricia Verwymeren
The Cornick Moquin Family
Chantal Sturk-Nadeau

Dakota Futures Capital Campaign Cabinet

Jonathan Toews
Honorary Campaign Chair

Tom Thiessen
Campaign Chair

Sue Barkman
Rico & Deneen Bertschinger
Judith Chambers
Dale Driedger
Andree Gilbert & Bryan Toews
Rob Hobday
Blair MacAulay
Jeff Shypit

Yes! I want to support the Dakota Futures Campaign

I prefer to make a one-time gift of :

\$15 \$25 \$35 \$50 \$100 \$500 Other

Name: _____ City: _____

Address: _____ Postal Code: _____

Prov: _____ Phone: _____

Email: _____

*A charitable donation receipt will be issued to you by the City of Winnipeg
If you have any questions regarding donations to Dakota Community Centre,
please contact Kevin Hunter, kevin@dakotacc.com, (204) 254-1010 ext. 211*



20/20 EYE CARE DOCTORS OF OPTOMETRY

From contact lenses and sport goggles, to sunglasses and eye exams, we have got you covered this season. Conveniently located in St. Vital, 20/20 Eye Care provides comprehensive eye health and vision care for the entire family.

Accepting new patients



204.953.2020 20-20eyecare.ca 2-835 Dakota St

Terry Duguid

Member of Parliament / Député
Winnipeg South / Winnipeg-Sud



103-2800 Pembina Highway
Winnipeg, Manitoba R3T 5P3
Office | Bureau: (204) 984-6787
E-mail | Courriel: terryduguid@parl.gc.ca

MARKUS CHAMBERS

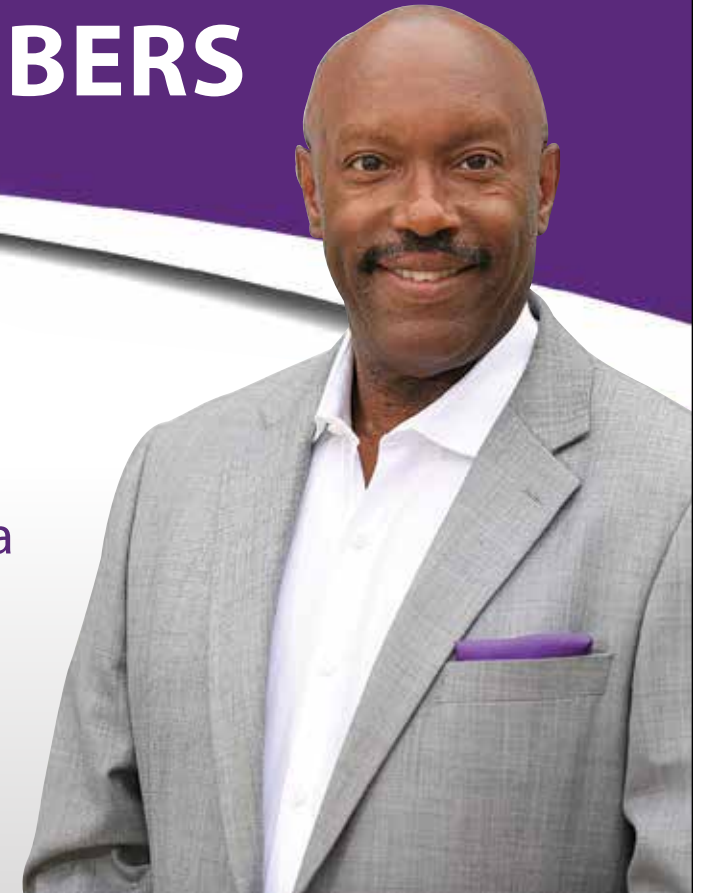
City Councillor for
St. Norbert-Seine River

204-986-5920

markuschambers@winnipeg.ca



Proudly Supporting our Community



Living in *Your* Neighborhood... Selling *Our* Neighborhood



**GLEN
MacANGUS**
204-989-6900



ROYAL LEPAGE
Top Producers Real Estate

Celebrating 33 Successful Years in Real Estate
glenmac@mts.net • www.winnipeghomesRus.com

**Proud Supporter of Community
Sports • Activities • Events**

Vigier Hockey Spring Hockey Development

Male program: 2009/10, 2008/07, 2006/05
and Midget/Junior Prep

Female program: Bears U10, Thrashers U12
and Eagles Bantam

This year we are excited to be incorporating a weekly Strength & Conditioning component to be operated by Dakota Performance powered by STRIVE. STRIVE will ensure excellence in training for speed, strength and power to facilitate on ice success for your player

Price for the program is: \$765 for players
and \$540 for goalies

All Ice times and drylands at Dakota CC

Phone: 204-807-3575 Email: jeanvigier11@gmail.com
www.vigierhockey.com



Vigier Hockey
Building Quality Players

ROBERTSON SHYPIT SOBLE WOOD

LAWYERS · NOTARIES

(204) 257-6061

202 - 1555 ST. MARY'S ROAD

www.rsswlawyers.com



Vista Place

Physiotherapy & Sports Injury Centre

YOUR NEIGHBOURHOOD
SPORTS INJURY CENTER,
SERVING ATHLETES IN ST.VITAL
SINCE 1991

**SPINAL & JOINT
MANIPULATION**
NECK & BACK TREATMENT
SPORTS INJURIES
DRY NEEDLING
**VESTIBULAR/VERTIGO
ASSESSMENT & TREATMENT**
ACUPUNCTURE
ORTHOTICS
**PHYSICAL
RECONDITIONING**
**CONCUSSION
ASSESSMENT &
TREATMENT**



204.253.2165
vistaplacephysio@shawbiz.ca
Unit K - 1631 St. Mary's Road
www.vistaplacephysio.ca

Children are more than just small versions of adults. They present with unique problems, challenges and needs regarding their physiotherapy. At St. Vital Physiotherapy, we understand that children are different than adults and adjust our treatment techniques in order to match. Using fun, relatable exercises, assessments and treatments, we get your children back to their regular play! We offer both musculoskeletal and neurological assessment for children (age 0-18) as well as gross motor assessment. In addition, we also offer assessment of infant plagiocephaly (flat heads) and torticollis (head tipping). The following are a list of common childhood conditions our therapists see:

- **Strains/Sprains** • **Post fracture rehab**
- **Sever's Disease** • **Plagiocephaly/Torticollis**
- **Gross Motor Assessment** • **Toe-walking**
- **Neck/Back pain** • **Spondylolisthesis**
- **Muscular Dystrophy** • **Cerebral Palsy**
- **Gross Motor Delay** • **Spastic Diplegia**
- **Concussions** • **And more!**



St. Vital

PHYSIOTHERAPY

